

CO-REGULATION

Planning Tool

When emotions get high, how can we work together to come back to calm?

Co-regulation means helping each other feel safe and steady—especially when emotions are big.

KNOW YOUR SIGNS

Before things get too intense, how can you tell you're heading toward overwhelm?

My Early Signs	What Others Might Notice
Jaw clenches	I talk faster
Shallow breath	My tone gets sharp
Can't focus	I shut down or get quiet

WHAT HELPS ME CO-REGULATE

When I'm starting to flip my lid...	Please help me by...
I'm overwhelmed by sound or tone	Lower your voice or pause for a moment
I feel misheard or misunderstood	Repeat what you heard & ask "Is that right?"
I feel like I'm about to cry or shut down	Offer space or a neutral grounding prompt
I feel blamed or judged	Remind me of our shared goal or values